

Statistics Report 35198, Prickly pears, raw (Northern Plains Indians)
Report Date: July 16, 2017 05:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	89.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Energy	kcal	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	176	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein 1	g	0.12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Total lipid (fat) 1	g	0.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Ash 1	g	0.38	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	10.17	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary 1	g	5.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sugars, total 1	g	1.02	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.38	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Glucose (dextrose) 1	g	0.44	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fructose 1	g	0.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Minerals													
Calcium, Ca 1	mg	180	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Iron, Fe 1	mg	0.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Magnesium, Mg 1	mg	69	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Phosphorus, P 1	mg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sodium, Na 1	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Zinc, Zn 1	mg	0.14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Copper, Cu 1	mg	0.019	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Manganese, Mn 1	mg	0.583	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Selenium, Se 1	µg	0.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamins													
Vitamin C, total ascorbic acid 1	mg	11.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Thiamin 1	mg	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Riboflavin 1	mg	0.032	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Niacin 1	mg	0.293	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 1	mg	0.079	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Choline, total 1	mg	4.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Betaine 1	mg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin K (phylloquinone) 1	µg	2.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD